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THE HOLLINS COLUMNS

HOLLINS COLLEGE

VOL. 58 NO. 6

DECEMBER 10,1987

Communications Major Passed

By Lara E. Hutchison Current Affairs Editor

The Academic Policy Committee met and voted on the acceptance of a Communications major into Hollins College academic program. The faculty voted on December 1 and the program will be instituted in the beginning of the 1988-1989 school year.

Last year the Hollins self-study reccommended the institution of three new programs. The demand for Communications seemed to be the most conspicuous and with the approval of President Brownlee, the Enrollment Strategic Planning Committee decided to take steps to de-

velop the major. Dean Puzon and Professor Ra (member of the Executive Committee and Academic Policy Committee) were chosen to co-chair the Sub-Committee on Communication Studies. Representatives from each division: Richard Dillard, I; Bill Nye, II: Sandy Boatman, III; and Brian Reed, IV; and two students: Sarah Achenbach and Sid Straley were also appointed to the subcommittee. According to Ra, "all are devoted to purity and respectability of a true liberal arts education.

By May, the proposal for a communications major was completed. It consists of 6 Core Courses (including two Introductory courses, Public Opinions, Imaginative Thinking and Computer Science) and sixteen area concentration hours. There are three areas of concentration: Communication theory, Writing and Speaking, and Visual -Audio. Most of the courses currently exist at Hollins ranging from Sociology, Philosophy, Music, English and Political Science. New courses to be added are Semiotics, Public Speaking, Political Communications, and Theory/ Techniques of Persuasion. In addition, at least one Short Term internship in a related field is required.

Since May the proposal has been brought to two Faculty Forums, one which was open to students and

cont. on page 6

Independent Exam System

By Ashley Epes Staff Writer

With the end of first semester quicky approaching, it is expected that a means of evaluation will be used; specifically, a final exam lasting no more than three hours that may count as much as 60% of the term grade.

Hollins is unique in the sense that it allows students to take their examinations under the Independent Examination Sydtem. This System is run by the students themselves and af-

fords them the priveledge and convenience of scheduling exams themselves. If a professor chooses to give his examination under this system, students must take the examin one of the designated rooms.

The five day exam period begins on Sunday, December 13, and ends on Thursday, December 17.

Three examination times are offered each day during the five day period: 9 a.m.-noon, 2-5 p.m., and 7-10 p.m. Students should pick up their exams and blue books on the third floor of

the administration building 15 minutes prior to the examination period.

Students should proceed to a designated examination room after picking up the exam. Rooms in Dana and Pleasants will be provided for smoking and nonsmoking, open and closed book exams.

Extra blue books are available only from the student monitor. At the end of the exam period, the monitor collects the exams, and all blue books must be turned in with all pages in-



The bookstore Christmas tree adds Christmas cheer to Hollins. See more pictures on page 4; pictuers taken by Andi Oki.

Bulimia: A Fatal Eating Disorder

By Melinda Crossley Staff Writer

Bulimia is an eating disorder that affects its victims both mentally and physically, although it is not as easily detectable as other disorders such as anorexia nervosa because the illness does not cause rapid and immediate changes in the victim's appearance. At least 95% of bulimics are women, which is thought to be a product of the strong desire in women to attain a sense of control over their lives via their physical appearance. This desire is not

only harmful if pursued to an extreme over a long period of time, but it can kill.

There are many reasons why women become bulimic aside from the pursuit of a thin body, including release of stress, traumatic changes in their lives, rejection from a loved one, and unresolved grief, to name a few. Food is referred to in the book Bulimia: A Guide to Recovery by Hall and Cohn as a "good girl's drug." It is easily accessible, it relieves tension

cont. on page 6

ADA'S On Campus, ADA'S On The Scene

To the Editor:

You've seen us cheering at athletic events, and prancing through the dining hall, dressed in gaudy clothes. You've also seen us in your classes, the library, in the playing fields, and in the post office, involved in a typical life at Hollins.

Who are we and what do we do? Our name is as simple as our purpose- we

are ADA and we promote spirit and student involve-

women just like yourself who have dedicated themselves to cultivating the unique spirit of Hollins. We dress up on Purple Tuesday and chant through the dining hall, making you sing songs or play ridiculous games. For a mere five minutes,

the dining hall is unified in as we are, of Hollins Hollins spirit.

We show our Hollins spirit by sponsoring the Red Cross Bloodmobile each semester, and encourage you to volunteer your time and Hollins pride to help others.

We entertain you on Tinker Day and at athletic events, making you laugh and smile, but most importantly, making you proud,

Maybe you see us for what we are; ADA, a small group of sophomores, juniors, and seniors, funloving and proud of Hollins. For ADA is a cheerleading squad, an announcement sheet, a volunteer group, and a spirit group for the entire campus.

We are ADA and we show our pride for Hollins in front of fellow students professors, administration, and guests. We also show our pride everyday through the unity in this unique group. ADA's on the campus! ADA's on the scene! We want ADA and ADA wants Hollins,

Sincerely, ADA

THE HOLLINS COLUMNS

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Writers: Nancy Arth, Elizabeth Campbell, Melinda Crossley, Ashley Epes, Carson Epes, Browning Frazier, Kim Goldfarb, Cindy Hamilton, LeeAnna Kesth, Alexa Landrus, Mary Haward Stevens, Whitney Vanderweifff. Photographers: Andi Olio, Nancy Turbidy Typists: Jean Hodgin, Cathy Neiton.

Columns accepts Letters to the Editor. They must be signed and the Columns office by Friday at 5:00 p.m. The Columns has the toold and/or edit letters. Articles are accepted by the Hollins They must be handed in by deadline, Friday at 5:00 p.m. and the contact Becky Boone or Khonda Overstreet prior to deadline. The must be a non-peofit, student run organization.

Are Exams A Big Ailment?

Here it is again, that time of the year when the earth stops spinning, cars stop running and parties stop partying- EXAMS! I've come to the conclusion that exams a way for all professors to get even. Remember all those times when you came to class late, yawned n the middle of a lecture, or partook in the head-bobbing ritual? We're paying for it now. With exams comes a clinical condition known as stress. What is exam stress, how does it affect us, and what should we do about it? After travelling to Tibet to talk to a Tibetian monk, I have finally come upon an answer:

Freshmen exam stress- a stress often seen in the faces of terrified freshmen. In dividuals are convinced that their German final will require them to stand on their head and recite every known German drinking song(last year's was close to that!). Most affected call crying to Mom, eat large amounts of chocolate, and remember the good old days of high school.

Cure- unplug your phone, buy lots of Hershey pars, and practice_doing ead stands.

Sophomore exam stressa stress visible in a sophomore's speech pattern- famous quotes, "What's a grade in the realm of life?", "Do you think Dad will take my car away?", and "Are GPA's cumulative?" Affected individuals receive a heavy dose of sleep gas, procrastination and hysterical laughter. Also known as 'Sohomore Slump.'

Cure- Tape your mouth shut, inject lots of coffee and stay away from jovial groups of people.

Junior exam stress- a stress visible in Juniors' facial expressions. Most are seen with looks of question "Will I ever be a senior?". also "Is it easier in London?", and ""How many more distributions do I need?" Affected individuals usually overstudy, run into the bathroom every ten minutes and have nightmares about taking the right

Cure- learn la mas breathing techniques, buy a box of Depends and think

Senior exam stress- The

most severe and dangerous kind of stress. Seen in all bodily functions, from the speed they run to Chief protesting parking tickets, to the money they spend on stamps sending those grad school information cards. Specimens may be viewed at best at February's. Have nightmares about thesis, the real world and life without Dad's VISA.

Cure- go to February's!

Now that you have an exam stress diagnosis sheet, find your appropriate clas, memorize the symptoms and signs, and watch out. It can happen to the best of us and can sneak up on you. If you think you or any of your friends may be afflicted, apply the cure immediately!!! And remember, when you go for your first job interview, odds are, you probably won't be rejected because you got a 'B' in Badminton. Don't forget to write your Christmas let-

Dear Santa; all I want for Christmas is an 'A' in By Kat North Sports Editor

GSA - Gay Straight Alliance

We realize that this may be a troversial letter and would refore like to offer the option of providing factual in forma-tion about the organization for a follow-up article. This article would be in the hope that more information might allieviate stu-dent concern. If you have any questions please feel free to contact us through Dean Kheener.

Thank you. The Hollins GSA

I am touched by fear as I try to write this letter, a letter addressed to so many, from so many others, yet written by only one. As you read this letter, try to understand the fear that makes this such a painful letter for both you and me. This letter is primarily about fear, about people who have become too accustomed to feeling fear, and about our fight against this fear. We never meant to scare anyone else in our fight; we don't mean to scare anyone now.

I hope for both of us that this a lot of the time. Like you, letter will break through the wall of fear, the wall that we built against each other, the wall that makes me hide, the wall that perhaps makes you

These words may sound obscure or mysterious, but perhaps they will make sense to you when I explain that this letter is trying to tell you about the Gay Straight Alliance, a name that is usually only whispered around campus. It is true that we encouraged the whispering by our own silence, but then we were afraid that you would hurt us, and our group is made up of people who have already been hurt. And so, with great difficulty, we, gays and straights, finally overcame our fear. The result is our decision to come outout of the silence, out of the fear, out of the closet. Why come out at all? Because you need to know that we, perhaps like you, are afraid come in good faith and are

we need a place to go where we can be ourselves; we need people that we can talk to about who we really are. The members of this group will remain anonymous (unless they choose otherwise) and they depend on the GSA to be their voice on campus. Gays have always been at Hollins and make up about 10% of the population. Some of us are student leaders, scholars, and atheletes. Some of us are not. Often all that we have in common is our sexual preference or our support of homosexual students. Some of us are gay, some of us are straight, and some of us are questioning. None of us are expected to share or our decisions or our questions if we do not choose to do so. Besides the students, some of us are faculty, and some of us are administrators. Any and all of you are also welcome as long as you

committed the the confidentiality and the respect of the other participants.

The reason we meet is simple. We are all trying to help each other because we all know that there is fear that sometimes paralizes us, fear of rejection, fear of scorn, and fear of the unknown. Do not let this fear grip you now or it will only hurt all of us. We hope that you will only try to understand us; perhaps even support us. We would like to support you in this especially if you are scared, especially if you want to stop being scared.

The Hollins Gay Straight Alliance

Questions should be addressed to the Dean of Students office (x6405)

NEFA

TO THE EDITOR:

We feel that there is a gen eral need to define the pur ose of Near East Fine Art NEFA) to the campus. roup of upperclassmen fel nere was a lack of enthusi sm toward the fine art mong the students a Hollins. Ten of us, major ng in fields ranging from tudio art to economics, fel f we, with others in mind ived and worked togethe o support ourselves as artsts, we could make a differ ence in the arts on campus There are a number of fresh men living in NEFA who were selected on the basis of their interest in the fine arts It has not been an easy tran sition to make, however NEFA is an example that class integrated housing car work today, as it has in the past.

> Not all artists at Hollins live in NEFA, nor is anyone in NEFA a fine arts major by equirement. We have residents majoring in fields as diverse as economics, Greek, and psychology, as well as studio art and theatre. The main concern which binds us together is a common interest and desire to support the fine arts at Hollins. We hope to increase awareness of events and encourage the partici-pation of all Hollins students in the arts.

There have been many misunderstandings regarding NEFA. We encourage you to drop by and visit us to see for yourself what we're all about. We are very enthusiastic about the opportunities and potentials specialnterest housing offers and, we hope others share our excitement.

Thank you

Carson Epes and Rhonda Overstreet asked the Hollins Community "What do you want Santa to bring you for Christmas?"



"An Airline ticket to Alabama so I can visit old friends"- Fiona Grant '91



'An A in Professor Wheeler's American Presidency class!"- Jennifer Jeveret '90



"To be able to eat everything we want without gaining weight"auren Greliere Paige Browning



"straight A's and a good job"-Laura Ann Miller



"A gorgeous skier on the slopes"-Carol Anderson

to be dealer be

Deck the Halls....

the state of the s

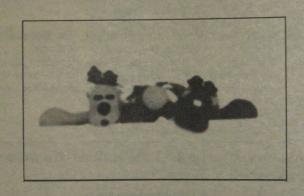


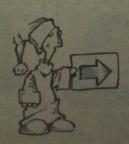


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Peer Consultant Network

Been wondering how to tions, they do know where Robin Cawley, Tinker get your boyfriend to use Wondering ondoms? where to get some information about herpes, but too embarrassed to go to the health center? Think you know a guy who gets pretty rough when he's had too much to drink, wonder if he might be guilty of date rape, but you don't want to ask your friends? Need someone to help you find out if you are pregnant?

There is a new group on campus who would be glad to help you find the answers to these or any other questions you might have about birth control, pregnancy tests, STD's or ethical and legal issues in relationships. Sometimes getting the information you want is difficult and sometimes the information you get, especially if you get it from friends, is wrong.

The Peer Consultant Network has been organized to help provide more accurate and easily accessible information on a wide variety of topics related to women's sexuality. If they don't have the answers to your questo go to find the answer. They are also trained to act as referral resources for both on campus and off campus services for women. The group was begun this fall with the help of Planned Parenthood and staff members from this agency have been instrumental in providing them with resources and training.

PCN members are available in almost every residence hall on campus as well as in the apartments, but their job is not limited to individual halls. They are willing to work with any interested group to plan programs as well as to field individual questions or requests. PCN members have been trained to be respectful of the confidentiality of anyone approaching them for information. They are not counselors, however, so if your problem is a serious or difficult one, they will help you, in a confidential manner, find the people who can be of help to you.

Those trained as PCN members are: Amy Logan, Tinker C210 x6996

B316 x6679 Angie Gradizio, Tinker

A213 x6884 Kelly Wingo, Randolph

101, x6774 Sabra Coe, Randolph 305,

Robin Gaines, Randolph 307, x6809

Kim Burrows, Starkie 32, x6851

Marielayne Rossillo, Main 302, x6645

Shore Griffin, Middle East 310, x6723 Jill Thomas, Near East 306,

Sylvia Scarpino, Apartment

404, x6066

Lizz Moran, Apartment 310, x6061

Rema Mixon, Apartment 205, x6045

Jennifer St. Clair, Apartment 105, x6039

Emmie Simpson, Apartment 311, x6062

Save these phone numbers and call any of these women for information, or if you lose the phone numbers look for the PCN decals which identify members of the Peer Consultant Network.

News Update

- *** The Male Visitation Proposal was presented to President Browlee on December 4 and she has until December 14 to sign it.
- *** The S.G.A. Has Raised \$40,000 for the Swain House; by selling t-shirts, collecting money in the Dorms, sponsoring a raffle to win a trip to the Bahamas, and cashing a C.D. note.

Hockey Wrap-Up

By Mary McIntire

Sports Editor
Kissy looked onto the field as the rain poured from her visor. The November twenty-seventh game was not like any other game. The Hollins Field Hockey heavily and the soggy field team battled a quicker, was quickly collecting the more talented Menonite rain; however, the field squad in the ODAC tourna-

Hollins had already completed their regular season play, and this tournament game represented the possible chance for a longer season and ODAC championship. Hollins had fought and played hard all season, but their one win record did not show their true inten-

with any team, but they were unable to put their talents together which caused a frustrating season. The rain had started to fall hockey team did not give up as usual. They continued to play until the last second of the game. The Hollins team was defeated by the Menonite squad, but their enthusiasm and determination allowed them to walk off the field feeling victorious. With the rising talents of the Freshman, Sophomore, and Juniors next sity. They had the quick- years field hockey team will

Honor Court Trails

On Octobert 22, 1987, an Honor Court Trial was held concerning a case of lying and stealing. She was found guilty and the following sanctions were imposed:

- 1. She must write an apology letter to the students involved by October 29,
- 2. She must continue to seek counseling with Mikey
- on for the continuation of cheating occured.

the year 1987-88, which means that if found guilty of another honor violation she will be expelled.

An Honor Court Trial was held on Tuesday December 1, 1987 regarding a case of cheating. The accused was found guilty of cheating and the following sanctions were imposed:

1. She will receive a failing grade in the class where the

- 2. She must write an apology letter to the individual involved by Friday December 4, 1987.
- 3. She must make a poster of the Honor Code pledge to be hung in the administration building during first semester exams.

If there are any questions contact Meg Joyner-Chair ext-6051

ness and drive to compete surely be a winner. Season Basketball Begins

By Mary McIntire Sports Editor

As the autumn season comes to an end, it is time to start preparing for the cold winter months. And in preparing, we must take note of the Hollins basketball team season which kicked off on November 20th. The team is returning with many of its past starters. Amy Morgan, who was named to the First ODAC team, should provide the ball-handling and ning season.

scoring necessary to lead the rest of the Hollins squad. Mary Kate Vick is another returning senior who should demonsrate ex[erience and enthusiasm on the court. With the return of two talented sophomores and the advent of a promising freshman recruit, the Hollins team has the talent to give coach Jerry English a win-

Eating Disorder

continued from page 1 quickly, and it can be disposed of (via vomiting or laxatives) easily

Binging and purging are the two most qualifying symptoms in identifying a patient as bulimic. Binging involves the consumption of large quantities of food, usually sweets, in a short period of time. After this 'phase' is over, the bulimic will then purge to get the food out of her system, either through vomiting or through the use of laxatives. These two characteristic symptoms of the illness are extremely harmful if practiced frequently over extended periods of time. Vomiting can lead to rotten teeth from the acid produced in the stomach, as well as a tendency for the stomach to automatically reject food whenever it enters the system. In extreme cases, vomiting can produce death by cardiac arrest and rupturing of the stomach or trachea. Laxatives can produce bowel infections and even tumors, and a dependency on the laxatives to initiate a bowel

Aside from the binging and purging, bulimics may share other symptoms such as lying, having 'secret rituals' associated with their illness, and kleptomania. Bulimics almost always lie about the food that they buy to eat, professing a large number of children at home or in the neighborhood, or some viable excuse for purchasing such large quantities of sweet foods. Many women have secret rituals that they follow when they are bulimic; for example, Hall and Cohn's book mentions an obsession with weight before and after a bingepurge session, coupled with looking in mirrors constantly, and with trying on clothing to "make sure it still fits." Some women may also measure everything they eat carefully, eat systematically, go on fad diets, and overexercise to compensate for often imagined weight gain. Kleptomania may also be common among bulimics because of the cost involved in sustaining the habit. Although these behaviors may not be physically harmful, they can lead to psychological disturbances in the victims.

The reason that women do not recognize bulimic behavior as addictive is because food is not thought of in terms of an addictive substance, like drugs or alcohol. Bulimics may have and hide their illness for years without realizing the damage that is being done to their metabolisms and digestive systems, and frequently, when they do realize it, the damage is to a large degree irreversible.

Since Hollins is an all-women institution, the concern over eating disorders such as bulimia is very high. Dean Julia Kheener is very learned on the illness and can offer informative programs about it, and the counseling staff at Hollins is capable of offering extensive assistance in the area as

Communications Major

continued from page 1

staff as well. Two rounds of division meetings were also held. When the Sub-Committee met last week Computer Science was added to the program as a core study, Creative Writing was added to the Writing and Speaking concentration, and Sound Design was eliminated from the Visual-Audio concentra-

As with any new program, dissension has come to the forefront. One concern is that the program lacks depth. The major is interdisciplinary and dispersed through the different divisions. However, the proponents of the major explain of a growing world." that requiring 44 credit gram than most existing tions major.

Another argument is that the program will attract low quality students who are not dedicated to their education. However, the admissions process will not change and the student quality will not deteriorate if the program is administered in a responsible fash-

Professor Ra feels that the program should be given a full major status. As he said, "We are not saying that this [major] is a hard and fast rule. Let's try it on an experimental basis. If it doesn't go, throw it out the window. But we need to change to meet the demands

On December 1 the fachours is a much more vigor- ulty and administration ous and demanding pro- passed the Communica-

Prevent Date Rape and Sexual Assault

Course: A Safer Self Concept: Self Defense for ing, like a sweatsuit Women

Lasts 8 weeks with accommodations for spring break

Time: Begins 6:30 PMlasts 1 1/2 hours approxi-

Where: Ballator Gallery Cost: \$25 for 8 sessions Wear: Comfortable cloth-

Instructor: Alan Prater, When: Begins February Lieutenant, Roanoke City 11, 1988 (Thursdays). Police Department, W & L Graduate (undergrad and law school), black-belt in karate.

Sign-up with a friend to make it more fun and so you can practice outside of (infirmary).

Course is designed to encourage women to trust their instincts and to use them to avoid and to escape assault.

IMPORTANT:

Register before Christmas break especially if you will be gone during short term. Register at Health Service







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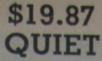
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